

Welcome



Thank you for your interest in this survey, which is:

- **about your wellbeing ...**
- **... and a wide range of other things** that could affect it.
- **15 – 20 minutes** long.
- **anonymous**, confidential and secure.
- part of a research project at The London School of Economics (LSE).

Your completion of the survey represents your consent to serve as a subject in our research study. If you're under 18, please get consent from a parent or guardian before continuing.



Want to know more? [See more details now](#), or click 'Help & information' at the top right of any page.

[Start survey »](#)

Help & information

What will I be asked?

The first 40% or so of the survey has questions about your general wellbeing and life satisfaction.



Got a question, concern, comment, or technical problem?

Please don't hesitate to contact us.

- Email: info.en@toluna.com

The remaining 60% is about a wide range of other things that might be connected to your wellbeing. This part includes questions on: health & lifestyle, relation to nature, basic demographics (age, sex, employment, income, etc.), your home and local area, religion, politics, family background, and a few others.

What will you do with my responses?

We're looking at people's wellbeing in London and how this may be connected to a wide range of different factors. Once everyone has completed the survey, we'll use various statistical methods to see what their combined responses can tell us about these relationships.

If you're curious to see what we find, please come back from time to time. We'll make our findings available here—<http://www.wellbeingsurvey.org.uk>—as soon as they're ready. We also hope to present our findings in academic journals and conferences, and to make sure policy makers are aware of anything relevant.

In any case, we'll never show any individual's responses—only information at the group level.

Will you know who I am?

No. We don't ask for your name or contact information at any point. Some of the information we do ask for could in principle be used to help identify you, but we promise never to use it for this purpose, and we'll never disclose it to anyone else.

Is my information secure?

Yes. The survey is conducted over a secure *https* connection, the same kind used for online banking and shopping. The information you give will be stored on our secure computer systems, accessible only to us.

Who are you?

We're [George MacKerron](#) and [Dr Susana Mourato](#),
researchers in the [Department of Geography & Environment](#) at the [London School of Economics](#).



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE ■

*Department of Geography & Environment
London School of Economics
Houghton Street
London WC2A 2AE*



Please [close this window or tab](#) to return to the survey.

Basic information (1)

Are you male or female?

- Male
 - Female
-

What is your age?

Please select... 

Which of these best describes your current situation?

- Self employed
 - In paid employment (full- or part-time)
 - Unemployed and seeking work
 - Retired from paid work altogether
 - On maternity leave
 - Full-time student or at school
 - On a government training scheme
 - Looking after family or home
 - Caring for a sick, elderly or disabled person
 - Long term sick or disabled
 - Something else
-

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Basic information (2)

What are your **gross** earnings in your **main (or only) job**?

- £470 a week / £2,040 a month / £24,500 a year or less
- More than £470 a week / £2,040 a month / £24,500 a year
- Not sure

Are you **currently** living in Greater London?

Yes — I'm living in...

- | | | |
|--|--|---|
| <input type="radio"/> Barking and Dagenham | <input type="radio"/> Fulham (and Hammersmith) | <input type="radio"/> Lewisham |
| <input type="radio"/> Barnet | <input type="radio"/> Greenwich | <input type="radio"/> Merton |
| <input type="radio"/> Bexley | <input type="radio"/> Hackney | <input type="radio"/> Newham |
| <input type="radio"/> Brent | <input type="radio"/> Hammersmith and Fulham | <input type="radio"/> Redbridge |
| <input type="radio"/> Bromley | <input type="radio"/> Haringey | <input type="radio"/> Richmond upon Thames |
| <input type="radio"/> Camden | <input type="radio"/> Harrow | <input type="radio"/> Southwark |
| <input type="radio"/> Chelsea (and Kensington) | <input type="radio"/> Havering | <input type="radio"/> Sutton |
| <input type="radio"/> City of London | <input type="radio"/> Hillingdon | <input type="radio"/> Tower Hamlets |
| <input type="radio"/> City of Westminster | <input type="radio"/> Hounslow | <input type="radio"/> Waltham Forest |
| <input type="radio"/> Croydon | <input type="radio"/> Islington | <input type="radio"/> Wandsworth |
| <input type="radio"/> Dagenham (and Barking) | <input type="radio"/> Kensington and Chelsea | <input type="radio"/> Westminster (City of) |
| <input type="radio"/> Ealing | <input type="radio"/> Kingston upon Thames | |
| <input type="radio"/> Enfield | <input type="radio"/> Lambeth | |

No/not sure

- No, I'm living somewhere else at the moment
- Not sure

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Satisfaction with life

All things considered, how satisfied are you with your life as a whole nowadays?

Extremely
dissatisfied

 0 1 2 3 4 5 6 7 8 9 10

Extremely
satisfied

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You may have missed something. Please check your answers below.

Satisfaction with life

All things considered, how satisfied are you with your life as a whole nowadays?

Extremely
dissatisfied

0

1

2

3

4

5

6

7

8

9

10

Extremely
satisfied



We would be very grateful if you would provide a response to this question: it represents a key part of our research topic.

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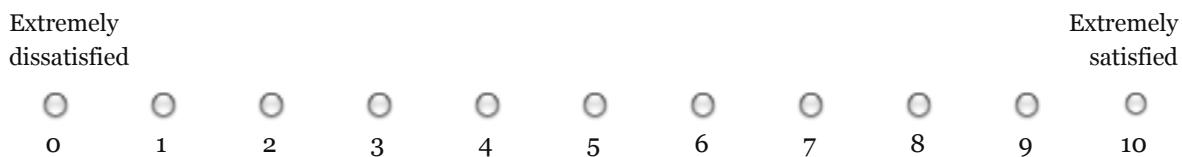
Life satisfaction of others

On this page we very briefly describe four people's lives. Please read the descriptions carefully, and try to imagine how satisfied with their lives these people might be.

There are no right or wrong answers—we'd just like to know your impressions based on the information given.

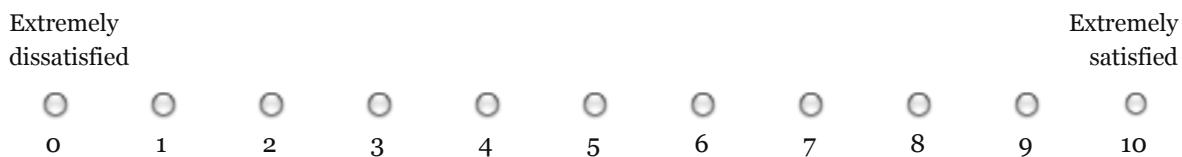
Sam is 33 years old. She got divorced 2 years ago, and during the week she looks after her 9-year-old son on her own. Sam earns £20,000 a year in a public sector job. She's in good health, and has a circle of close friends whom she sees fairly regularly.

How satisfied with her life as a whole do you think Sam is?



Liz is 58 years old. She's married, with two grown-up children, and works for a large, successful firm. She and her husband have a combined income of £200,000 a year. They entertain or go out with friends once or twice a week, and take several holidays a year. Liz is close to her family, and looks forward to seeing more of her grandchildren when she retires.

How satisfied with her life as a whole do you think Liz is?



Stephen is 42 years old. He's single, and has no children. He makes £70,000 a year in a professional job, but some colleagues have recently been laid off and his position isn't secure. Outside work Stephen watches a lot of television, and sees friends for a drink about once a month. He's slightly overweight, and carries an inhaler for his asthma.

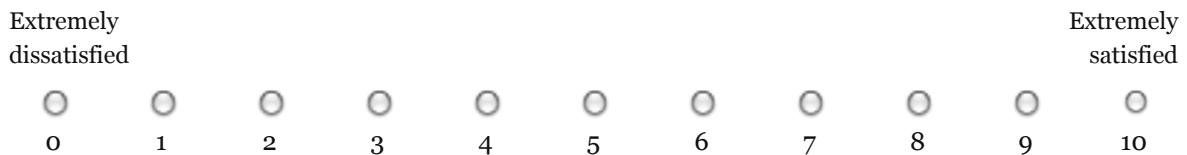
How satisfied with his life as a whole do you think Stephen is?





Rajiv is 25 years old. He's married, without children, and works full-time from home. Between them, he and his wife bring home £40,000 a year. They go out with family or friends most weeks. Rajiv keeps in good shape, and plays football most weekends.

How satisfied with his life as a whole do you think Rajiv is?



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Wellbeing

Over the next few pages we'll ask some more questions about how you feel about yourself and your life. Again, there are no right or wrong answers.

Some questions may seem a bit similar to each other, but please bear with us. Try to consider each question in its own right.

Please say how much you agree or disagree with each of the following statements.

I'm always optimistic about my future

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

In general I feel very positive about myself

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

At times I feel as if I am a failure

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

On the whole my life is close to how I would like it to be

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

Taking all things together, how happy would you say you are?

Extremely
unhappy

Extremely
happy

0 1 2 3 4 5 6 7 8 9 10

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Wellbeing (2/7)

Please tell us how much of the time **during the past week...**

... you felt depressed?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None or almost none of the time	Some of the time	Most of the time	All or almost all of the time

... you felt that everything you did was an effort?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None or almost none of the time	Some of the time	Most of the time	All or almost all of the time

... your sleep was restless?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None or almost none of the time	Some of the time	Most of the time	All or almost all of the time

... you were happy?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None or almost none of the time	Some of the time	Most of the time	All or almost all of the time

... you felt lonely?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None or almost none of the time	Some of the time	Most of the time	All or almost all of the time

... you enjoyed life?

None or almost
none of the time Some of the time Most of the time All or almost all of
the time

... you felt sad?

None or almost
none of the time Some of the time Most of the time All or almost all of
the time

... you couldn't get going?

None or almost
none of the time Some of the time Most of the time All or almost all of
the time

And please tell us how much of the time **during the past week...**

... you had a lot of energy?

None or almost
none of the time Some of the time Most of the time All or almost all of
the time

... you felt anxious?

None or almost
none of the time Some of the time Most of the time All or almost all of
the time

... you felt tired?

None or almost
none of the time Some of the time Most of the time All or almost all of
the time

... you were absorbed in what you were doing?

None or almost
none of the time Some of the time Most of the time All or almost all of
the time

... you felt calm and peaceful?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None or almost none of the time	Some of the time	Most of the time	All or almost all of the time

... you felt bored?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None or almost none of the time	Some of the time	Most of the time	All or almost all of the time

... you felt really rested when you woke up in the morning?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
None or almost none of the time	Some of the time	Most of the time	All or almost all of the time

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Wellbeing (3/7)

To what extent do you agree or disagree with each of the following statements?

I feel I am free to decide for myself how to live my life

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

In my daily life, I seldom have time to do the things I really enjoy

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

In my daily life I get very little chance to show how capable I am

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

I love learning new things

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

Most days I feel a sense of accomplishment from what I do

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

I like planning and preparing for the future

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

When things go wrong in my life, it generally takes me a long time to get back to normal

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

My life involves a lot of physical activity

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

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Wellbeing (4/7)

How satisfied are you with how your life has turned out so far?



And how satisfied are you with your present standard of living (material circumstances)?



How often do you meet **socially** with friends, relatives or work colleagues?

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never

Do you have anyone with whom you can discuss intimate and personal matters?

- Yes
 - No

How much of the time spent with your immediate family (children, parents, siblings and partner) is...

... enjoyable?

None of
the time

0

1

2

3

4

5

All of
the time

6

Doesn't
apply

... stressful?

None of
the time

0

1

2

3

4

5

All of
the time

6

Doesn't
apply

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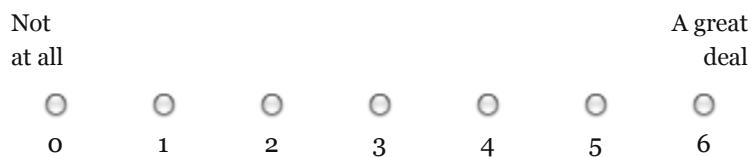
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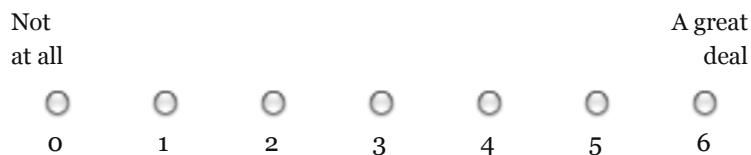
Wellbeing (5/7)

Please tell us to what extent...

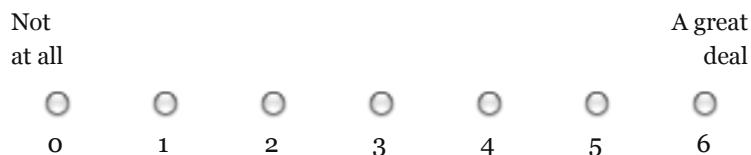
... you get a chance to learn new things?



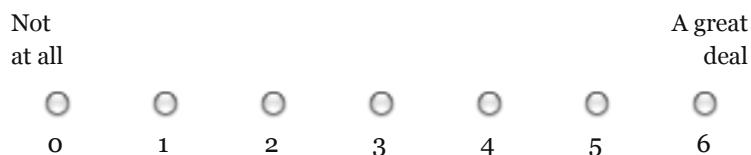
... you feel that people in your local area help one another?



... you feel that people treat you with respect?



... you feel that people treat you unfairly?



... you feel that you get the recognition you deserve for what you do?





Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

You can't be
too careful

Most people
can be trusted



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Wellbeing (6/7)

Please say to what extent you agree or disagree with each of the following statements.

I generally feel that what I do in my life is valuable and worthwhile

<input type="radio"/> Disagree strongly	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input type="radio"/> Agree strongly
---	--------------------------------	--	-----------------------------	--------------------------------------

If I help someone I expect some help in return

<input type="radio"/> Disagree strongly	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input type="radio"/> Agree strongly
---	--------------------------------	--	-----------------------------	--------------------------------------

The way things are now, I find it hard to be hopeful about the future of the world

<input type="radio"/> Disagree strongly	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input type="radio"/> Agree strongly
---	--------------------------------	--	-----------------------------	--------------------------------------

There are people in my life who really care about me

<input type="radio"/> Disagree strongly	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input type="radio"/> Agree strongly
---	--------------------------------	--	-----------------------------	--------------------------------------

For most people in Britain, life is getting worse rather than better

<input type="radio"/> Disagree strongly	<input type="radio"/> Disagree	<input type="radio"/> Neither agree nor disagree	<input type="radio"/> Agree	<input type="radio"/> Agree strongly
---	--------------------------------	--	-----------------------------	--------------------------------------

I feel close to the people in my local area

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

Do you ever feel frustrated by having watched too much television?

- Yes, often
 - Yes, sometimes
 - Occasionally
 - No, never
 - Never watch TV
-

Are you currently in paid work of any kind?

- Yes
- No

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Wellbeing (7/7)

All things considered, how satisfied are you with your present job?

If you have more than one job, please answer about your main job.

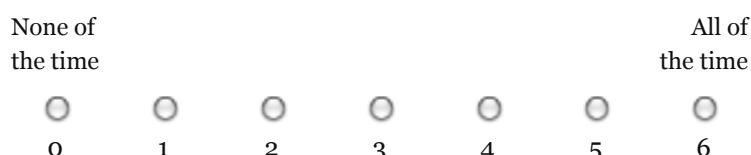


How satisfied are you with the balance between the time you spend on your paid work and the time you spend on other aspects of your life?

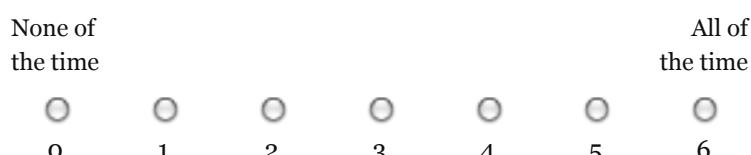


How much of the time do you find your job...

... interesting?



... stressful?



How likely would you say it is that you will become unemployed in the next 12 months?

Very likely

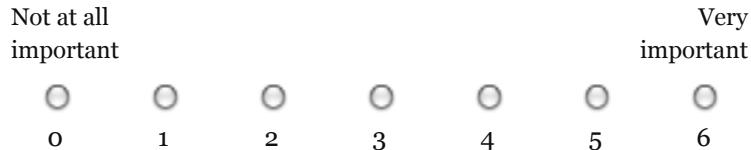
- Likely
 - Not very likely
 - Not at all likely
-

To what extent do you agree or disagree with the following statement?

Considering all my efforts and achievements in my job, I feel I get paid appropriately.



How important is it for you to compare your income with other people's incomes?



Whose income would you be **most** likely to compare your own with?

- Work colleagues
- Family members
- Friends
- Others
- I don't compare

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Nature relatedness

 **Thanks—you've finished the section on wellbeing.** The remainder of the survey is about a wide range of other topics.

Please rate the extent to which you agree with each of these statements. There are no right or wrong answers.

I enjoy being outdoors, even in unpleasant weather

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

My ideal vacation spot would be a remote, wilderness area

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

I always think about how my actions affect the environment

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

I enjoy digging in the earth and getting dirt on my hands

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

My connection to nature and the environment is a part of my spirituality

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disagree strongly	Disagree	Neither agree nor disagree	Agree	Agree strongly

disagree

I am very aware of environmental issues

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

I take notice of wildlife wherever I am

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

I don't often go out in nature

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

I am not separate from nature, but a part of nature

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

The thought of being deep in the woods, away from civilization, is frightening

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

My feelings about nature do not affect how I live my life

Disagree strongly Disagree Neither agree nor disagree Agree Agree strongly

Even in the middle of the city, I notice nature around me

Disagree strongly

Disagree

Neither agree nor
disagree

Agree

Agree strongly

My relationship to nature is an important part of who I am

Disagree strongly

Disagree

Neither agree nor
disagree

Agree

Agree strongly

I think a lot about the suffering of animals

Disagree strongly

Disagree

Neither agree nor
disagree

Agree

Agree strongly

I feel very connected to all living things and the earth

Disagree strongly

Disagree

Neither agree nor
disagree

Agree

Agree strongly

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47% complete

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Health and lifestyle

How is your health in general?

- Very good
 - Good
 - Fair
 - Bad
 - Very bad
-

Have you ever been told by a doctor that you have asthma?

- Yes
 - No
-

Have you ever been told by a doctor that you have a heart or lung disease?

- Yes
 - No
-

Do you ever smoke cigarettes?

- Yes
 - No
-

How many portions of fruit and vegetables do you usually eat a day?

Please do **not** count potatoes or grains.

Please **do** count pure juices, tinned, frozen and dried fruit and vegetables, and fruit and vegetables found in other foods.

- Fewer than 1 a day
 - 1 – 2 a day
 - 3 – 4 a day
 - 5 a day or more
-

And how often do you usually eat fish or shellfish?

Every day

- Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

How much sleep did you get in the **past 24 hours**, to the nearest half hour?

Please select...



How much sleep do you estimate that you **typically** get, per day?

Please select...



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47% complete

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Health and lifestyle

How is your health in general?

- Very good
 - Good
 - Fair
 - Bad
 - Very bad
-

Have you ever been told by a doctor that you have asthma?

- Yes
 - No
-

Have you ever been told by a doctor that you have a heart or lung disease?

- Yes
 - No
-

Do you ever smoke cigarettes?

- Yes
 - No
-

How many cigarettes a day do you usually smoke, including those you roll yourself?

- Fewer than 1 a day
 - 1 – 5 a day
 - 5 – 14 a day
 - 15 – 24 a day
 - 25 a day or more
-

How many portions of fruit and vegetables do you usually eat a day?

Please do **not** count potatoes or grains.

Please **do** count pure juices, tinned, frozen and dried fruit and vegetables, and fruit and vegetables found in other

foods.

- Fewer than 1 a day
 - 1 – 2 a day
 - 3 – 4 a day
 - 5 a day or more
-

And how often do you usually eat fish or shellfish?

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

How much sleep did you get in the **past 24 hours**, to the nearest half hour?

Please select...



How much sleep do you estimate that you **typically** get, per day?

Please select...



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52% complete

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Your home



You're over halfway through the survey. We really appreciate your help.

These questions are about the place where you usually live.

Is your household's accommodation...

- a house or bungalow
- a flat or maisonette
- a room (or rooms)
- or something else?

Which of these best describes your tenure here?

- Own outright
- Buying with the help of a mortgage or loan
- Rent
- Pay part rent and part mortgage (shared ownership)
- Live rent-free (excluding squatting)
- Squatting
- Other arrangement

How long have you lived in this accommodation?

- Less than 12 months
- 12 months but less than 2 years
- 2 years but less than 5 years
- 5 years but less than 10 years
- 10 years but less than 20 years
- 20 years or longer

And where did you live just before you moved to this accommodation?

- Greater London
- Another big city (population: over 1 million)
- A city or large town (population: 100,000 – 1 million)
- A town (population: 10,000 – 100,000)
- A village or hamlet (population: under 10,000)
- The countryside
- I've always lived in this accommodation

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57% complete

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Inside your home



In this survey, a **household** means:

- one person living alone, or
- a group of people living at the same address who share common housekeeping or a living room.

How many adults (aged 16 or over) live in your household?

Please **include yourself** if you're aged 16 or over.

Please select...



And how many children (aged 15 or under) live in your household?

Please **include yourself** if you're aged 15 or under.

Please select...



How many rooms does your household have the use of, not counting bathrooms and toilets?

Please select...



On what floor of the building as a whole is your main living space?

If your main living space is on more than one floor, please choose the highest.

- Basement or semi-basement
- Ground floor (street level)
- 1st floor
- 2nd floor
- 3rd floor
- 4th – 9th floor
- 10th floor or higher

Do you have double glazing?

Please count only factory-made sealed units.



Yes—in all windows

- Yes—in some windows, but not all
 - No—none
-

Does your home have any of the following problems?

Please tick **all** that apply.

- Mould growth (at least hand-sized patches) on walls or carpets
- Heating that doesn't keep you warm enough in winter
- Serious draughts due to poorly fitting windows or doors
- Insect infestation (e.g. moths, cockroaches, bedbugs or fleas)
- Lack of natural light
- None of the above

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Home postcode



We ask this question so we can work out environmental conditions—things such as levels of air pollution, noise, and distance to green spaces—around where you live.

Please be assured that your information is confidential and secure (click ‘Help & information’, above right, to find out more).

What is your full home postcode?

e.g. SW1A 1AA

I don't know my postcode

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Home postcode



We ask this question so we can work out environmental conditions—things such as levels of air pollution, noise, and distance to green spaces—around where you live.

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What is your full home postcode?

e.g. SW1A 1AA

I don't know my postcode

What are your street and city or town?

Please write **Street, City** (separated with a comma).

e.g. Downing Street, London

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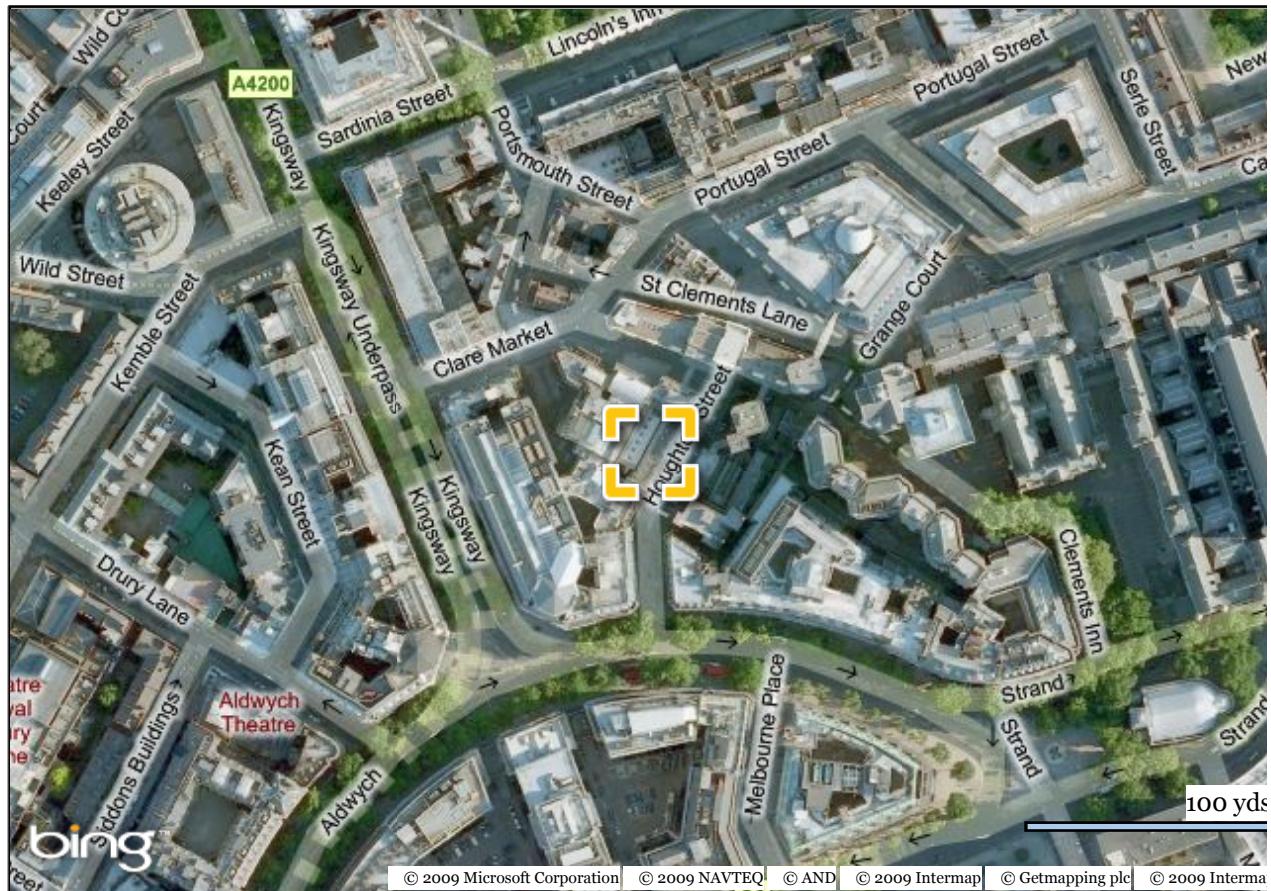
Your home on the map

 **We ask this question to help us work out environmental conditions as accurately as possible**, since two buildings with the same postcode could be on different streets, with different levels of traffic, noise, and so on.

Please be assured that your information is confidential and secure (click 'Help & information', above right, to find out more).

Many thanks for providing your postcode. Based on this, the satellite map below should show the neighbourhood around your home.

Please click and drag to move the map so that your home is in the centre, inside the yellow box.



Show help using the map »

How did you get on?

- My home is in the yellow box
- My home is in or near the yellow box—it could be one or two buildings either way
- I couldn't find my home on the map
- The map didn't load/didn't work
- I prefer not to say exactly where I live

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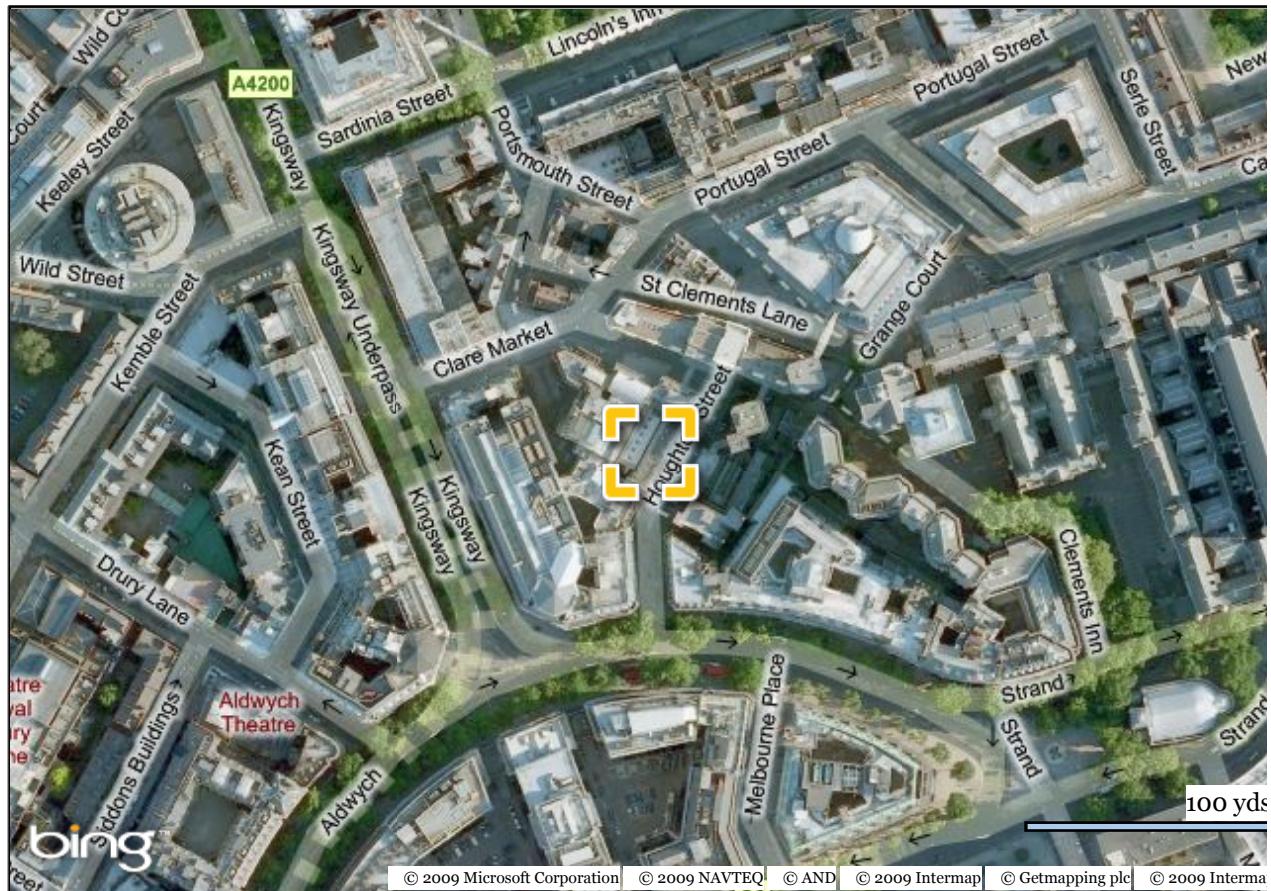
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Many thanks for providing your postcode. Based on this, the satellite map below should show the neighbourhood around your home.

Please click and drag to move the map so that your home is in the centre, inside the yellow box.



 **Trouble finding your home?**

If you can't find your home on the map displayed here, please zoom out a few levels to get



your bearings, then zoom back in on your home location.

Map controls

Zoom in: use the + button at the top left of the map, or double click on the point you wish to zoom in on.

Zoom out: use the – button at the top left of the map.

Move the map view: click on the map, keeping the mouse button held down; drag the map to a new location by moving your mouse; and release the mouse button.

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How did you get on?

- My home is in the yellow box
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Your neighbourhood

How satisfied are you with the area in which you live?



How safe do you — or would you — feel walking alone in this area after dark?

- Very safe
- Fairly safe
- A bit unsafe
- Very unsafe

How often do you usually speak to your neighbours?

- Every day
- Several times a week
- Once a week
- Several times a month
- Once a month
- Less than once a month
- Never

Below are some things that can cause problems for people in their area. Which of these are problems in the area where you live?

Air pollution

- A serious problem
- A problem, but not serious
- Not a problem

Noise from road traffic and trains

A serious problem A problem,
but not serious Not a problem

Noise from aircraft

A serious problem A problem,
but not serious Not a problem

Noisy neighbours or loud parties

A serious problem A problem,
but not serious Not a problem

Rubbish or litter lying around

A serious problem A problem,
but not serious Not a problem

Vandalism or graffiti

A serious problem A problem,
but not serious Not a problem

Crime

A serious problem A problem,
but not serious Not a problem

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Green space

Do you have a garden?

- Yes—own garden
 - Yes—shared with others
 - No
-

Do you have an allotment?

- Yes
 - No
-

How well provided would you say your local area is with public parks, gardens, commons, and other public recreational green spaces?

Please consider the **number**, **size** and **quality** of these spaces.

- Very well
 - Well
 - Adequately
 - Poorly
 - Very poorly
-

During the summer, how often do you visit these kinds of green spaces for leisure?

Please **don't count** occasions when you only pass through on your way to somewhere else.

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

And how often do you walk or cycle through these kinds of green spaces on your way to somewhere

else?

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

During the summer, how often do you visit open countryside for leisure?

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

Which of the following can you see from **any** of the windows in your home?

Please tick **all** that apply.

- Trees
- Private recreational green space (e.g. gardens or allotments)
- Public recreational green space (e.g. parks)
- Other green space
- None of the above

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Other location

Apart from your home, in what single location do you spend most time?

- Workplace
- Place of study
- Other location
- No single location

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Workplace postcode



We ask this question so we can work out environmental conditions—things such as levels of air pollution, noise, and distance to green spaces—around your workplace.

Please be assured that your information is confidential and secure (click ‘Help & information’, above right, to find out more).

What is the full postcode of your workplace?

e.g. SW1A 1AA

I don't know the postcode

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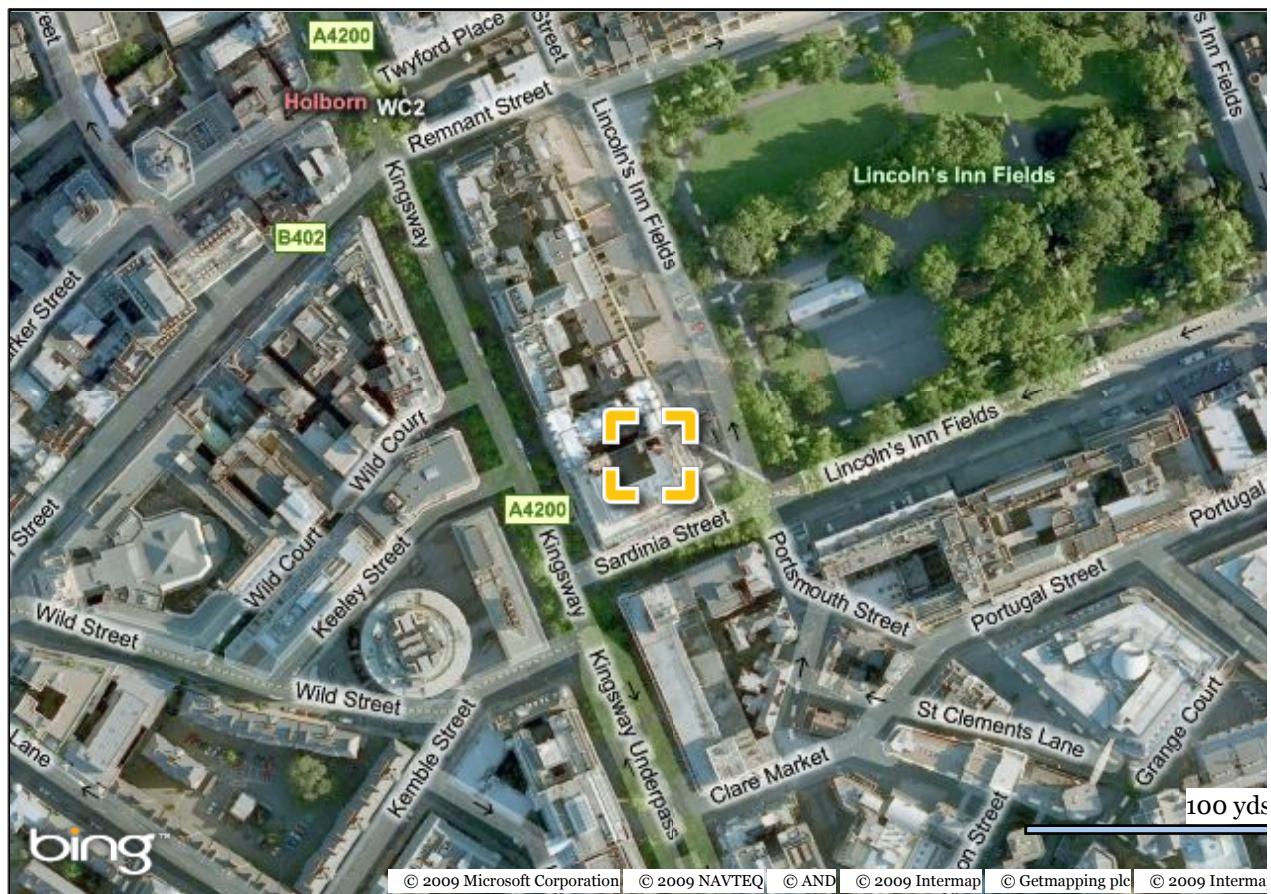
Your workplace on the map

We ask this question to help us work out environmental conditions as accurately as possible, since two buildings with the same postcode could be on different streets, with different levels of traffic, noise, and so on.

Please be assured that your information is confidential and secure (click 'Help & information', above right, to find out more).

Many thanks for providing the postcode. Based on this, the satellite map below should show the neighbourhood around your workplace.

Please click and drag to move the map so that your workplace is in the centre, inside the yellow box.



Show help using the map »

How did you get on?

- My workplace is in the yellow box
- My workplace is in or near the yellow box—it could be one or two buildings either way
- I couldn't find my workplace on the map
- The map didn't load/didn't work
- I prefer not to say exactly where my workplace is

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Workplace details

About how much time does it usually take for you to get to your workplace each day, door to door?

- Less than 15 minutes
 - 15 – 29 minutes
 - 30 – 44 minutes
 - 45 – 59 minutes
 - An hour or more
-

Which of these means of transport do you usually use to travel to and from your workplace?

Please tick **all** that apply.

- Train (above ground)
 - Underground train (tube, metro)
 - Bus, minibus or coach (public or private)
 - Motorcycle, scooter or moped
 - Driving a car or van
 - Passenger in a car, van or taxi
 - Bicycle
 - Walking (or running) *for at least 5 minutes*
 - None of the above
-

On what floor of the building as a whole do you spend most time in your workplace?

- Basement or semi-basement
 - Ground floor (street level)
 - 1st floor
 - 2nd floor
 - 3rd floor
 - 4th – 9th floor
 - 10th floor or higher
 - No single floor
-

Which of the following can you usually see from inside your workplace?

Please tick **all** that apply.

- Trees
- Private recreational green space (e.g. gardens or allotments)
- Public recreational green space (e.g. parks)
- Other kinds of green space
- None of the above

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Leisure activities

In the past 12 months how often have you...

... read a newspaper?

Please **include** newspaper articles you read online.

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

... played sport, or done other vigorous physical exercise?

This could include going to the gym, taking exercise classes, running, cycling, skating or swimming.

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

... gone to a concert, theatre or other live performance?

- Every day
- Several times a week
- Once a week
- Several times a month
- Once a month
- Less than once a month
- Never

... visited historical monuments, museums, art galleries or archaeological sites?

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

... practiced meditation?

- Every day
 - Several times a week
 - Once a week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

Please take a moment to think of any groups, clubs or organisations you take part in. These could be youth groups, sports clubs or pub teams, religious groups, evening classes, choirs, book groups, or any other groups, clubs or organisations.

In the past 12 months, how often did you take part in all groups, clubs or organisations like this combined?

- At least once a week
 - At least once a month
 - At least once every three months
 - At least once every six months
 - Less often
 - Never
-

In the past 12 months, how often did you get involved in work for voluntary or charitable organisations?

- At least once a week
 - At least once a month
 - At least once every three months
 - At least once every six months
 - Less often
 - Never
-

Not counting anything you do for your family, in your work, or within voluntary organisations, how often, in the past 12 months, did you actively provide help for other people?

- At least once a week
 - At least once a month
 - At least once every three months
 - At least once every six months
 - Less often
 - Never
-

And in the past 12 months, how often did you help with or attend activities organised in your local area?

- At least once a week
 - At least once a month
 - At least once every three months
 - At least once every six months
 - Less often
 - Never
-

Is there a car or van normally available for private use by you or any members of your household?

- Yes—more than one
- Yes—one
- No—none

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Demographics

What is your marital status?

Please choose the **first** option that applies. For all response options, please treat **Civil Partnership** as equivalent to marriage.

- Single (never married—but may be in a relationship)
 - Married and living with your husband or wife
 - Married and separated from your husband or wife
 - Divorced
 - Widowed
-

Do you have any children?

- Yes—more than one
 - Yes—one
 - No—none
-

What qualifications do you have?

These may be educational, professional, vocational or other work-related qualifications.

- Qualifications at degree level or above
- Qualifications below degree level
- No qualifications

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Demographics

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Please choose the **first** option that applies. For all response options, please treat **Civil Partnership** as equivalent to marriage.

- Single (never married—but may be in a relationship)
 - Married and living with your husband or wife
 - Married and separated from your husband or wife
 - Divorced
 - Widowed
-

And are you currently...

- living with someone as a couple, or
 - in a relationship with someone, but not living together, or
 - neither of the above?
-

Do you have any children?

- Yes—more than one
 - Yes—one
 - No—none
-

What are your children's ages?

Please tick **all** that apply.

- Under 2 years
 - 2 – 4
 - 5 – 10
 - 11 – 15
 - 16 – 20
 - 21 or over
-

What qualifications do you have?

These may be educational, professional, vocational or other work-related qualifications.

- Qualifications at degree level or above
- Qualifications below degree level
- No qualifications

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Work hours and activities

Excluding holidays, in the last 12 months how often have you worked more than 48 hours in a week?

- Every week
 - Several times a month
 - Once a month
 - Less than once a month
 - Never
-

Please tick all the statements that apply.

In my work, I spend **at least half my time...**

- ... at a desk
- ... using a computer
- ... in the open air
- ... being physically active
- ... communicating face-to-face with others
- ... travelling
- None of the above

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Income

 **The wellbeing effect of income, relative to other factors, is an important part of our research**, so we would be very grateful for your answers here.

Please be assured that your information is confidential and secure (click 'Help & information', above right, to find out more).

Remember that in this survey a **household** means:

- one person living alone, or
- a group of people living at the same address who share common housekeeping or a living room.

What is your **household's** total gross annual income? This is:

- for all household members,
- from all sources (earnings, benefits, investments, etc.), and
- before taxes and National Insurance.

If you are not certain of an amount, please give your best estimate.

Please select...



And what is your own **individual** total gross annual income? Again, this is:

- from all sources (earnings, benefits, investments, etc.), and
- before taxes and National Insurance.

If you are not certain of an amount, please give your best estimate.

Please select...



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Religion and politics

Do you consider yourself as belonging to any particular religion or denomination?

- Yes
- No

Regardless of whether you belong to a particular religion, how religious would you say you are?



Apart from special occasions such as weddings and funerals, about how often do you attend religious services nowadays?

- Every day
- More than once a week
- Once a week
- At least once a month
- Only on special holy days
- Less often
- Never

How interested would you say you are in politics?



In politics people sometimes talk of “left” and “right”. Where would you place yourself on this scale?



0 1 2 3 4 5 6 7 8 9 10

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Your family background

These questions are about you and your family when you were growing up.

Do you have, or did you have, any **brothers**?

Please include adopted and half brothers.

- Yes—more than one
 - Yes—one
 - No—none
-

Do you have, or did you have, any **sisters**?

Please include adopted and half sisters.

- Yes—more than one
 - Yes—one
 - No—none
-

Did you live more or less continuously with **both** of your natural (birth) parents in the same home until you were 16?

If you lived with your natural parents except when away at a boarding school or for other temporary periods, please answer 'Yes'.

- Yes
- No
- Prefer not to answer

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Please include adopted and half brothers.

- Yes—more than one
 - Yes—one
 - No—none
-

Do you have, or did you have, any **sisters**?

Please include adopted and half sisters.

- Yes—more than one
 - Yes—one
 - No—none
-

Are you, or were you, the oldest, the youngest, or somewhere in between?

- Oldest
 - Youngest
 - In between
-

Did you live more or less continuously with **both** of your natural (birth) parents in the same home until you were 16?

If you lived with your natural parents except when away at a boarding school or for other temporary periods, please answer 'Yes'.

- Yes
 - No
 - Prefer not to answer
-

Why was this?

- There was a divorce or separation
-

There was a death

- I was adopted
- My parents never lived together
- Another reason
- Prefer not to answer

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Negative events

Have you suffered any of the following **in the last 3 years?**

Please tick **all** that apply.

- Compulsory redundancy
- Bankruptcy
- Repossession of your home
- Death of a close friend or loved one
- Separation or divorce from your spouse
- Theft or fraud
- Violent or sexual crime
- None of the above

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Help & information

Negative events

Have you suffered any of the following **in the last 3 years?**

Please tick **all** that apply.

- Compulsory redundancy
- Bankruptcy
- Repossession of your home
- Death of a close friend or loved one
- Separation or divorce from your spouse
- Theft or fraud
- Violent or sexual crime
- None of the above

If there's anything you'd like to add, please use this space.

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Pregnancy and menstrual cycle

 **We recognise that these are very personal questions, so please feel free not to answer them.** We ask them because we are interested in whether they have a measurable effect on day-to-day wellbeing.

As far as you're aware, are you pregnant?

- Yes
- No
- Prefer not to answer

Where are you currently in your menstrual cycle?

- I've got my period now
- My last period finished within the last 3 days
- I expect my next period to start within the next 3 days
- I'm at some other point in my cycle
- Not applicable
- Not sure
- Prefer not to answer

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Ethnicity

 **Almost finished.** To help ensure we survey a representative group of people, we'd be grateful if you'd answer this final, optional question.

To which of these ethnic groups do you consider you belong?

White

- White British
- Any other white background

Mixed

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other mixed background

Asian or Asian British

- Indian
- Pakistani
- Bangladeshi
- Any other Asian background

Black or Black British

- Caribbean
- African
- Any other Black background
- Chinese
- Any other ethnic group
- Prefer not to answer

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